Welcome Back Home to the:

MARCH 2023

BARNES NOTES AND NEWS

Volume 4, Issue 3

ONLINE ONLY

The BARNES NOTES & NEWS is your source of our area's community events and happenings and items of interest. We continue to welcome you to place your ads, submit events, articles, and stories. Please contact owner/editor: Julie (Friermood) Sarkauskas at <u>barnesnotesandnews@gmail.com</u> or call 715-795-2775.

Find Our link on the NEW Town of Barnes Website : TownOfBarnesWI.gov / Community / Barnes Notes and News / 2023



May your heart be light and happy, may your smile be big and wide. And may your pockets always have a coin or two inside. For each petal on the shamrock this brings a wish your way. Good health, good luck, and happiness for today and every day.

March Reminiscing - So where are we these days with our stories..... we're in a little lull right now working on our extended story –so I wanted to share some St. Patrick's fun facts and history.

We have had our share of snow this winter that is for sure! Great weather with many days in the 20's, 30's and 40's. Some dandy storms in there that we pushed on through. A lot of memories poured out from days gone by growing up here when we had snow like this all the time.

MARCH EVENTS:

PENDING MORE INFORMATION

Please follow local establishments websites to keep up with menu changes, events and any updates on hours they are open/closed.

In this Issue:

- Calendar of Events / Local Events
- Senior Meals
- Barnes VFW and Auxiliary
- Barnes Area Historical Association
- Barnes Red Hats
- Gordon-Barnes Book Club
- Garden Club
- Tai Chi
- Reminiscing
 Fun & Games
- run & Gai
 Recipes
- Advertisements

Barnes Notes and News 50690 Pease Rd Barnes, WI 715-795-2775

barnesnotesandnews@gmailcom



ST. PATRICK'S DAY HAPPENINGS

DECOY BAR "soft" Grand Opening under new owners Friday, March 17th

Good bye Bottle/Closing party for Carol DeWitt

Barnes Trading Post Music and Food starting 1:00 p.m.

Tracks INN having All day food specials.

PJ's Cabin Store, Kara's corned beef and cabbage starting at 3:00 p.m. with St. Patty's cocktail specials designed by PJ.

Thanks for the updates PJ

PLEASE LET US KNOW IF ANYTHING ELSE IS BEING PUT TOGETHER FOR THE ST. PATS WEEKEND

STAY TUNED FOR ANY NEWS REGARDING THE ANNUAL ST. PATRICK'S DAY PARADE COMING BACK.



BARNES AREA CALENDAR OF EVENTS: MARCH 2023

Thurs. Mar 16	BARNES AREA HISTORICAL ASSOCIATION, INC. (BAHA) Meeting 6:00 p.m. via Zoom 715-795-3065
Tues. Mar 21	GORDON BARNES GARDEN CLUB Meeting 1:30 p.m. Barnes Town Hall Call 715-835-3410
Tues. Mar 21	REGULAR TOWN BOARD MEETING 6:30 p.m. at Barnes Town Hall Call: 715-795-2782
Tues. Mar 28	VFW POST 8329 Meeting 6:00 p.m. at VFW Hall Call: 715-815-7333
Tues. Mar 28	VFW POST 8329 AUXILIARY Meeting 6:00 p.m. at VFW Hall Call: 715-795-2402

EVEN WHEN IT'S WINTER. WE NEED YOUR HELP WITH ROAD CLEAN UP

Please be sure to pick up anything that blows out of your vehicle or trailer. We have organizations and clubs in town that have "clean up" events Check in with them of visit TownOfBarnesWI.gov to offer your time

WE GREATLY APPRECIATE YOUR HELP IN KEEPING OUR TOWN CLEAN & BEAUTIFUL

Welcome April Powell - Town Clerk / Trea <u>clerk@barnes-wi.com</u>	asurer	TOWN OF BARNES BOARD MEMBERS
Phone: 715-795-2782 Fax: 715-795-2784 3360 County Hwy N – Barnes, WI 54873		Chairman: Tom Renz - email: tRenz@TownOfBarnesWI.gov Supervisor: Dave Scully - dScully@TownOfBarnesWI.gov
Visit: <u>TownOfBarnesWI.gov</u> for town minut	es	Supervisor: Jim Frint - jFrint@TownOfBarnesWI.gov
PLEASE ABIDE BY THE TOWN RULES & REGULA	ATIONS.	Supervisor: Seana Frint - sFrint@TownOfBarnesWI.gov
Fireworks permits are available at the clerks offi cost of \$5 per day with proof of liability insura required. By town ordinance, fireworks are only p one week before and one week after the Fourth	ance ermitted	Supervisor: Eric Neff - eNeff@TownOfBarnesWI.gov
Barnes Town Road Updates Check the Town Website TownOfBarnesWI.gov	THE SN sleddin	THANKS TO THE ROAD CREW FOR GETTING THROUGH NOW. AGAIN. Sure can't complain about this snow for the g, skiing and snowshoeing, but the driving gets dicey. had one issue all winter with getting down the road.
DID YOU KNOW Anyone born on or after January 1, 1989 is		WE ARE IN SAND COUNTRY HERE AND THE WATER DRIES UP QUICKLY - PLEASE BE AWARE OF YOUR SURROUNDINGS
required to complete a boating safety course to le operate a motorized boat or personal watercra Wisconsin waters AND Paddle Boarders must have jacket on the board (preferably being worn).	a life	CHECK WITH THE DNR OR TOWN OFFICE FOR FIRE DANGER STATUS BEFORE BURNING

SAFETY REMINDER: A PWC (Personal Watercraft) may not be operated at faster than "slow, no wake speed" within:

- 100 ft of any other vessel on any waterbody

- 200 ft of shore on any lake
- 100 ft of a dock, pier, raft, or restricted area on any lake



Let's be safe out there!

Source: WI Boating Laws and Responsibilities handbook. Questions? Call 1-888-936-7463 or visit <u>dnr.wi.gov</u>.



BARNES SENIOR MEALS - JANUARY 2023 MENU

Meals are at the Barnes Town Hall 12:00 Noon THURSDAYS ONLY



3360 County Hwy N., Barnes, WI 54873 To reserve your meal please call 715-373-3396. Be sure to include your name, phone number, meal site location & date you are making the reservation for, and how many people it's for.

		Pork Roast			
KLYART		Mashed Potatoes & Gravy			
and the second of the second sec	Thursday, March 2nd	Glazed Carrots			
		Applesauce			
The second second		Meatloaf			
		Mashed Potatoes & Gravy			
	Thursday, March 9th	Sliced Beets			
		Chocolate Cake w/ Icing			
(# 9 =		WW Roll w/ Butter			
AAALLEY AS HATTER AND		Ham w/ Brown Sugar Glaze			
HALLAND WELT		Peas & Carrots			
	Thursday, March 16th	Baked Beans			
		Fresh Fruit			
NEVER COMPLAIN ABOUT THE WEATHER		WW Roll w/ Butter			
		Braised Beef Tips			
THEY STAND FOR US ALL		Steamed Carrots			
	Thursday, March 23rd	Mashed Potatoes			
		Pineapple Chunks			
		WW Roll w/ Butter			
		Salisbury Steak			
		Mashed Potatoes & Gravy			
	Thursday, March 30th	Pickled Beets			
	-	Fresh Fruit			
		Wheat Roll			

PLEASE WALK AGAINST the TRAFFIC!!!! THIS IS FOR YOUR SAFETY.

I do understand in the city you have sidewalks and it doesn't really matter, but in the country we **must ask** that you abide by the "rules of the road". **<u>BIKE WITH</u>** traffic (ditch to your right). *MAKE SURE* your dog is always on the "ditch" side of you and <u>NOT</u> on the road side.

I'd like to thank those of you who are walking with your pets away from the road. For those of you I've seen with your pet on the car side of the road, <u>MAKE THE SWITCH.</u> If your dog darts toward traffic, you're not in the way to intervene. The outcome of that is obvious. Love your pets enough to keep them safe.

NOTE: PLEASE REMEMBER THE STATE, COUNTY AND TOWN LEASH LAWS YOUR DOG MUST BE ON A LEASH FOR THEIR SAFETY & THE SAFETY OF OTHERS

QUESTIONS, COMMENTS or CONCERNS

If you have any questions or comments on what you see here, we would like to hear from you. If you have an item that you would like to see in the Barnes Notes and News, please contact Julie (Friermood) Sarkauskas at <u>barnesnotesandnews@gmail.com</u>

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS

Trivia Answer # 8: March 17th

LIKE US ON FACEBOOK





BAYFIELD COUNTY PLANNING AND ZONING DEPARTMENT

Bayfield County Courthouse 117 East Fifth Street Post Office Box 58 Washburn, WI 54891

Telephone: (715) 373-6138 Fax: (715) 373-0114 *E-mail:* <u>zoning@bayfieldcounty.wi.gov</u> Web Site: <u>www.bayfieldcounty.wi.gov/zoning</u>

February 21, 2023

GREGORY J & KIMBERLY A DALBEC 7201 OAKLAWN AVE EDINA MN 55435-4142

We are sending you this letter to advise you of the upcoming <u>Bayfield County Planning and Zoning Committee</u> <u>Public Hearing and Meeting.</u> This notice is also being sent to adjoining landowners; owners of land within 300 feet of the proposed use; the town clerk of the town in which the property is located, and the town clerk of any other town within 300 feet of the proposed use.

This written notice is in regard to a Conditional Use Application for <u>Development and operation of a 28 site</u> <u>RV Campground</u> submitted by <u>Greg & Kim Dalbec</u>. <u>Included in this request will be the requirement(s) of the</u> <u>Environmental Impact Analysis (EIA)</u>.

To obtain information regarding this request; please visit our web site: http://www.bayfieldcounty.wi.gov/198/Planning-Zoning-Committee. Scroll down to Agendas & Minutes. Click on Most Recent Agenda.

This matter will be addressed by the Bayfield County Planning and Zoning Committee at their meeting on Thursday, March 16, 2023 at 4:00 pm in the County Board Room of the Bayfield County Courthouse, Washburn Wisconsin.

Be advised; the <u>Town of Barnes</u> will consider this application prior to the Planning and Zoning Committee meeting (please call the Town Clerk to verify the date and time of <u>their</u> meeting and the date and time of the <u>Plan</u> <u>Commission</u> Meeting).

If you wish to comment on this matter, you are invited to attend the hearing or write to the Bayfield County Planning and Zoning Department. If any person planning to attend this meeting has a disability requiring special accommodations, please contact the Planning and Zoning Department 24 hours before the scheduled meeting, so appropriate arrangements can be made.

Note: Written and digital input pertaining to any agenda items will be accepted **until noon the day prior** to the Planning and Zoning Committee Meeting (Section 13-1-41(b)(1) and 13-1-41A(b)(2)). Subsequent input must be delivered in person at the meeting. Any aggrieved party may appeal the Planning and Zoning Committee's decision to the Board of Adjustment within **<u>30-days</u>** of the final decision.

Sincerely,

Bayfield County Planning and Zoning Department

enc. public hearing notice

cc: Town Clerk

Authorized Agent Adjacent Property Owners (8) Planning and Zoning Committee Members (5) Office File (Sent by Zoning) Application Packet (cover letter and notice)

** Please Note: Receiving approval from the Planning and Zoning Committee at the meeting <u>does not</u> authorize the beginning of construction or land use; you must <u>first obtain land use application/permit card(s)</u> from the Planning and Zoning Department.

k/debsdata/zc/coverletter/conditionaluse DAK/fig



NOTICE IS HEREBY GIVEN, that an election to be held in the **Town of Barnes** on **April 4**, **2023**, the following offices are to be elected to succeed the present incumbents listed. The term for all offices is <u>two (2) years</u> beginning on Tuesday April 18, 2023:

OFFICE	INCUMBENT
Town Board Chairman	Tom Renz
Town Board Supervisor	Jim Frint
Town Board Supervisor	Dave Scully

NOTICE IS FURTHER GIVEN, that the FIRST day to circulate nomination papers is: <u>Thursday, December 1, 2022</u>, and the FINAL day for filing the nomination papers is: <u>5:00p.m. on Tuesday, January 3th, 2023</u> in the office of the Town Clerk.

NOTICE IS FURTHER GIVEN, that if a primary is necessary, the primary will be held on **Tuesday, February 21st, 2023.**

Acceptable Photo ID will be required to vote at this election. If you do not have a photo ID you may obtain a free ID for voting from the Division of Motor Vehicles.

Done in the Town of Barnes, on November 17th, 2022

Judy Bourassa

Town of Barnes Clerk-Treasurer 715-795-2782 e-mail: <u>clerk@townofbarneswi.gov</u>

Type A Notice – Nomination Papers (for Towns) | Rev 2016-10 | Wisconsin Elections Commission

P.O. Box 7984, Madison, WI 53707-7984 | 608-261-2028 | web: elections.wi.gov | email: eletions@wi.gov





DRUMMOND DIRT AND SNO-JACKS

"RIDE YOUR SIDE" signs are up!

We want everyone to **BE SAFE ON THE TRAILS !**

Trivia Answer # 5: 220,000

BARNESTORMERS TRAIL REPORT February 23, 2023

PLEASE BE SAFE & COURTEOUS

The trails were groomed before our "big" storm. As noted in the Barnestormers facebook post "we got 1 or 100 inches, depending on who you ask".

The trails will be or have been groomed after the latest storm, but be patient and watch for trees and branches that came back down in this last round.

Please help clean the trails as you go along.

YOUR HELP IS GREATLY APPRECIATED !!!







ICE CAVE TOURS ARE HERE !!! Duration: 2 Hours - Ages: 5+ Ice Line: 715-779-3398 x 3 Go to: Apostle Islands National Park Service for current conditions and closure information

The mainland ice caves have developed quite a reputation over the years as a "bucket list" winter activity. The unique beauty and temporal nature of these ice formations serves to make the event all the more memorable and desirable.

Everything has to be just right to create a good ice surface in front of the mainland sea caves. Cold is super important, because obviously that makes ice. Wind is a major component as well. Due to the caves position on the northwest side of the peninsula with a lot of open water in front of them (all the way to the North Shore of MN), the right winds can wreak havoc on ice formation. In the past, we've seen good ice start to build up and then disappear overnight, due to a strong north wind and the waves it can create.





3200 County Hwy N., Barnes, WI Phone: 715-795-2195

BARNES COMMUNITY CHURCH

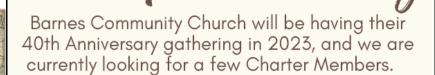
BARNES COMMUNITY CHURCH FOOD PANTRY

The Barnes Food Pantry is open the 2nd Wednesday of each month from 9:00 to 11:00 a.m. for persons living within 15 miles of the church or those living in Barnes, Drummond or Highland.

Please bring identification.

We are located at 3200 County Highway "N", Barnes, WI at the Barnes Community Church. For further information call: Dianne Hess at 715-795-2728

BARNES COMMUNITY CHURCH



If you have a current address for anyone of the Charter Members listed below, please email Marcia Ritter at Ritter2194@outlook.com or call Glenda at the church office 715.795.2195

CHARTER MEMBERS

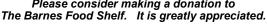
Rosemary Baker Alice Blood Dave Blood Mary Cook Robert Desrosiers Sherry Desrosiers Brenda Mortinson

Donald Poquette Phyllis Poquette Natasha Ratzel Patrick Ratzel Virgil Schalis Brenďa Stalbaum

Please consider making a donation to

nniversary

(For a map to the food shelf visit: www.barneswi.com)

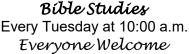




BLESSED ARE WE

AND OUR NEIGHBORS





CREATOR, SOVEREIGN, LORD OF ALL, HELP US.

OUR GOD IS LOVE

THAT YOU BLESS THIS COUNTRY WE DEARLY LOVE.

THOUGH WE DO NOT DESERVE IT, WE HUMBLY ASK FOR YOUR MERCY

BARNES AREA HISTORICAL ASSOCIATION (BAHA)

THE BARNES MUSEUM

CLOSED FOR THE SEASON—OPEN BY APPOINTMENT ONLY

WE ARE STILL LOOKING FOR VOUNTEERS !! Please feel free to stop by the museum

Located on the corner of Hwy N and Lake Road Check the BAHA website for any upcoming events (http://bahamuseum.org/)

Follow us on Facebook

Barnes Area Historical Association, Inc.

Barnes, WI 54873

Barnes Area Historical Association, Inc. (BAHA) was established in 2005 by area citizens who are dedicated to preserving the history of the Barnes Area through education and preservation.

The Barnes area consists of the Town of Barnes and includes the areas of: Brule, Cable, Drummond, Gordon, Hayward, Highland, Iron River and Solon Springs.

The BAHA monthly board meetings are usually held on the third Thursday of the month at 9:00AM in Barnes at the VFW Hall on Lake Road. All BAHA members are encouraged to come to these meetings and participate in the discussions.

Our first and foremost project will be to continue to plan for our history center.

The Annual Meeting is held on the third Thursday in October of each year at the VFW Hall.

We have our 501 (c) (3) number and are a valid non-profit organization.

Any donations made to BAHA are tax deductible.

We invite everyone to join BAHA and participate in our projects. Members do not need to be current or former residents of Barnes.

Single yearly membership - \$15.00; Family or couple yearly membership - \$25.00 Other membership categories are available upon request

Please contact our Secretary, Lu Peet (715) 795-3065 email: <u>lupeet101343@gmail.com</u>

SPONSORED EVENTS: Stay tuned for Dates

- Winterfest and Big Cash Raffle
- Pie Social, Craft Fair and Flea Market
- Ribfest
- ODHA Gordon MacQuarrie Pilgrimage Tour

BAHA is the sponsor of the Old Duck Hunters Association Circle (ODHA)

Follow in famous outdoors writer's footsteps through St. Croix headwaters

Annual tour offered of area where Gordon MacQuarrie hunted, fished, and wrote.

www.stcroix360.com

https://www.stcroix360.com/2022/07/follow-in-famousoutdoors-writers-footsteps-through-st-croix-headwatersregion/





BAHA MUSEUM GIFT SHOP CALL FOR APPOINTMENT

NEW GIFT SHOP COORDINATOR: Deb Soar

Are you looking for a special gift for a Birthday, Anniversary, Get Well, Thank You, or other occasion? Be sure to check out the new display of items in the Gift Shop. You'll find a wide array of interesting items for all ages:

- clothing items
- wood crafts
- a range of books by MacQuarrie, Ojibwe authors, and local writers
- Barnes Centennial glassware and other items
- note cards
- walking sticks
- items for the home and outdoors; and much more

There are practical items, decorative items, items linked to the history of Barnes, and some that will be "just plain fun" to own!

Whether it's a gift for YOU...or a gift for OTHERS...you're sure to find the perfect choice! Come and Explore!

Here's a peek at some of what you'll find when you visit!



Trivia Answer # 9: 1962

BARNES AREA HISTORICAL ASSOCIATION NEWS



Greetings!

As the renovation of the Pease One-Room Schoolhouse keeps moving ahead, we continue to search for early schoolhouse items to complete our "replica early 1900s classroom room" within a portion of the building. Artifacts related to all of Barnes' early schoolhouses will be displayed throughout the building, along with historical documents, photographs, collected memories, etc. Our hope is to educate and inspire an understanding of what "life within these schools" was like for students, teachers, and community members.

** If you have any items that might be in need of a "new home", please let me know. They will be warmly welcomed into our schoolhouse and greatly appreciated! I will happily arrange to pick up any items and cover any costs that might be involved. If you have any relevant items that are not on our list, please let me know. I'd be interested in learning more about them!

Updated list of Items being sought for the Pease One-Room School:

- Early US Flag [for wall mount with pole]
- Hand-held slate boards; Erasers & box of chalk
- Organ stool
- Old textbooks K-8 grade levels [pre-1940]
- Kerosene lamps [wall-mounted style and hanging style]
- Water dispenser [5 gal. pottery with spigot or similar]
- Table model, battery-powered Radio [for "School On the Air" programs]
- Lunch buckets, pails, boxes
- Globe [pre-40s would be interesting we have one dated to the 70s]
- Cursive writing scroll and other classroom teaching resources
- Small teacher's desk or table
- Two full body mannequins: one adult female [for the schoolhouse teacher; one elementary age child/student]
- Early 1900s garments [dress for the teacher; daily school clothing/wear for a young girl or boy. Written "memories" Yours, or stories from your parents, your grandparents of "The One-Room School house Days"...as a student, as a teacher; traveling to school; recess

games; rules & responsibilities; favorite subjects, etc.

Trivia Answer # 7: Legend has it that while he was speaking, all the snakes were driven out into the sea.

DRUMMOND LAKE CAMPGROUND Drummond, WI

IF YOU NEED HELP WITH RESERVATIONS— PLEASE GO TO OUR SITE, CALL OR EMAIL US ANYTIME!

DRUMSITEWI@GMAIL.COM / Phone 715-739-6290 DRUMMONDLAKECAMPGROUND.COM

JUSTA FRIENDLY REMINDER: WE DO NOT TAKE ADVANCE RESERVATIONS FOR THE NEXT YEAR. EVERYONE HAS THAT OPPORTUNITY THE FIRST BUSINESS DAY AFTER THE NEW YEAR.

THANK YOU TO ALL OF OUR TOWN CREW, CONTRACTORS AND LOYAL CAMPERS FOR MAKING THIS HAPPEN.





PLACE YOUR AD

HERE



10

BARNES AREA HISTORICAL ASSOCIATION NEWS

bahamuseum.org

The Barnes Area Historical Association has had a website for some time now (bahamuseum.org) that has been there to inform the public as to what is at the Museum and what is going on with Events and Activities.

The site has sorely needed an upgrade and that is now in progress. We expect to have more information and pictures in it as well as dressing it up for the modern-day internet user. We started with cleaning up the opening page a bit (and we are not done with that) and now have the website set up so that you can purchase books and merchandise online, with a shopping cart and all!

You can now become a member online and if you are already a member, you can renew on line. You can use a credit card or if you choose you can pay by check for any transaction.

The Gordon MacQuarrie section has been revised to include many more pictures of the history of MacQuarrie, and more on the exhibit of MacQuarrie artifacts and displays. We added a tab called "Bookshelf" in which the three books that Dave Evenson edited and that BAHA publishes, are available to purchase.

We will keep this section going and periodically provide updates on changes that have been made to the website. We are looking for a volunteer to be our Website Manager. That person would be in charge of maintaining and continuing the upgrade that we are doing. If you are interested, please call Larry Bergman at (715) 795-2442.

Three new books by Dave Evenson

There are a great many fans of Gordon MacQuarrie's writing. You can find his history on the BAHA website, but to be brief, he was a very well-known Outdoor Writer during the early to mid-1900s, he had a cabin right here in Barnes on the Middle Eau Claire Lake that still stands.

He wrote a regular column for the Milwaukee Journal Sentinel from 1936 through 1956, and he wrote many articles for outdoor magazines beginning in the 1930s. Six books were done by Zach Taylor with compilations of the magazine articles. They are currently out of print.

Dave Evenson produced three new books that BAHA publishes. They are:

Right Off the Reel: Dave knew that the newspaper columns that Gordon wrote under the byline Right Off the Reel were in the archives of the Milwaukee Journal. He also knew that these stories, hundreds of them, had never been published in book form. With the help of BAHA, Dave received permission to use them and compile some of them into book form. This book has all the columns that featured The Old Duck Hunters, stories of their escapades, hunting and fishing up in our area. This book was released in 2018.

Dogs, Drink and Other Drivel: Dave selected another grouping of columns that were about non-Old Duck Hunters escapades, but of related interesting topics. The only way these newspaper columns could have been by anyone living today was to get the Milwaukee Journal back in the 1936 to 1956 era. This book was released in 2020.

Found Stories of The Old Duck Hunters and Other MacQuarrie Adventures: In Keith Crowley's biography of Gordon MacQuarrie, his extensive research found many magazine stories that never got into the Zach Taylor books. This was not by rejection, but because Taylor must never have found them. So, with the help of Keith's research, Dave selected the last six stories about The Old Duck Hunters and added 23 other stories about other escapades that he had with other people.

These three books are "must reads" for MacQuarrie fans, but also for readers who love this area and outdoor writing. MacQuarrie was one of the best. Dave so very generously donated his efforts to BAHA, who owns their rights.

The books are available through BAHA either at the Museum, on the website bahamuseum.org and at Jim's Bait here in Barnes.

WHAT'S UP



BARNES BOOK CLUB

March Book

DOWN THE GARDEN PATH

by: Beverly Nichols

We meet the 4th Monday of each month at 1:30 p.m. at the Barnes Town Hall.

Anyone is welcome to join our sharing session, all you have to do is show up.

Books are available at the Hayward Community Library, just ask at the desk for the Barnes Book Club selection.



It is so important to have a connection with your family tree. Not only does gathering information make it easier for your children to pick up the process, it will spark something in you that you didn't realize you were looking for.

Start with your immediate family, branch to your grandparents and then just keep reaching further back.

Several websites are out there to help start your project:

Order your starter kits from: easygenie.org

Start your Family Tree Today. Don't wait!

Your loved ones won't always be there to tell the stories and provide the information.

Ancestry.com Genealogy.com My Heritage.com FamilySearch.org GenealogyBank.com

TRUST ME IT'S WORTH IT !

PRINTING YOUR FAMILY TREE - MORE TO COME - STAY TUNED

GORDON - BARNES GARDEN CLUB

The club met February 14th at the Barnes Town Hall. Twenty-one women attended and President, Judy Wilcox called the meeting to order at 1:30 PM. Since it was Valentine's Day, our hostesses, Laurie Balousek, Dolly Hehl, and Dana Hodowanic, went all out with beautiful and tasty treats. It's a good thing too, because the treats fortified us for the busy meeting we had.

We had one of three really focused business meetings for the year. This allows us to play, learn and enjoy gardening the rest of the year. Now tell me, who besides your accountant enjoys a budget meeting. However, that being said, Pat Johnston who helped put the budget together and explained it to us, did a great job.

After the meeting, Sally Pease did a presentation on pollinators that reside here in the North Woods. It was not only interesting but quite informative. Did you know, for instance, that mosquitoes are good for something? They are pollinators just like hummingbirds, butterflies, and bees. Here all the time, I thought they were like ticks, here to remind us that we're not in heaven yet!

Our March meeting will be held on March 21st at 1:30 and will include information about growing grasses. In April, we will have our annual potting party at Nature's Design in Hayward with lunch out. More details on that in a month



For more information please contact: Bonnie Dealing at: bonniedealing@gmail.com

Follow us on Facebook: gordonbarnesgardenclub@facebook.com

Trivia Answer # 10: 5.5 million people

OUR COMMUNITY



OBITUARIES: Remembering Loved Ones Lost



JAMES PAUL WITHINGTON

January 24, 1983 to February 12, 2023

James Paul Withington, 40, of Cable, passed away at Marshfield Medical Center on Sunday, February 12, 2023, with many of his loving family members at his side. James was born on January 24, 1983, in Bay City, Texas the son of James Patrick and Loretta (Griffin) Withington. James spent most of his early years living in Red Wing, MN and attended Red Wing High school where he made many life-long friends.

James leaves to celebrate his memory: his wife, Cricket (Elizabeth) Withington, his children and step children JT Lampson, Aiden Withington, Kallie Hedman, Camryn Withington, McKenna Hedman and Mason Withington.

His parents James Patrick and Loretta Withington, sisters Rebekah (Andy Anderson) Withington and Elizabeth (Tim) Fedje and nieces, Hailey Anderson, Alexis Fedje, and Briella Fedje and many extended family and loving friends.

James loved spending time with his children and his family. Snowmobiling, riding Harleys with his wife, and driving truck were just a few of his passions. During his 16 plus year career driving truck over the road he was able to see all lower 48 states with as many chicken lights as he could get on one truck.

Even though he stepped away from long hauling, he drove trucks locally around the area including Hiatt Trucking, Todd's Redi Mix and Como. Although James's immediate family never owned a farm, he developed a lifelong love of farming from an early age and loved John Deere tractors.

James was passionate about being a volunteer firefighter and enjoyed serving his community. Everything James did was centered in his love to take care of his family and make everyone he loved happy and he will be missed deeply by all who knew and loved him.

He was preceded in death by paternal grandfather, James L Whithington, and maternal grandparents Williams and Margaret (Spink) Griffin.

A celebration of life for James was held on February 1ith at the American Legion - Post 487 in Cable, WI as well as a Celebration of Life at The Eagles Club in Chippewa Falls, WI.



OBITUARIES: Remembering Loved Ones Lost



JEFFREY WILLIAM BRITTAN

December 13, 1957 to January 3, 2023

Jeffrey William Brittan, 66, died on January 3, 2023, at his home.

He was born on December 13, 1957, to Lynn (Cadotte) and William Brittan in Superior, WI and attended Superior Senior High School.

Jeff was employed as a siding contractor in Rochester, MN for 10 years. Following his father's death he returned to Barnes, WI to live at and care for the family cabin. He was employed as a switchman and lineman for the Burlington Northern Railroad. Most recently he was the caretaker at Potowatomi Resort and Cabins. Jeff was the jack of all trades; he was always willing to help his neighbors and willing to work as a handyman.

He will be remembered for his helpfulness and kindness whenever he was asked for help.

Jeff was preceded in death by his parents, his brother, Darel Brittan and his sister, Robin Morse. He is survived by his siblings, Patrick (Wendy) Brittan, Corey Brittan, Toni Fetterly and Stacy Simpson and numerous nieces and nephews.

A Celebration of Life will be held at a later date.



Bless those who mourn, eternal God, with the comfort of your love that they may face each new day with hope and the certainty that nothing can destroy the good that has been given.

May their memories become joyful, their days enriched with friendship, and their lives encircled by your love.

💺 MARCH REMINISCING: St. Patrick's Day



Wherever you go, St Patrick's Day is celebrated annually on March 17th, the traditional religious feast day of St. Patrick and the day he is believed to have died in 460 A.D. The Irish have observed this religious holiday for hundreds of years. People traditionally celebrated St. Patrick;s Day by attending mass and thinking about the life and legacy of St. Patrick, however, upon his death, he was mostly forgotten. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

Saint Patrick is known as the patron saint of Ireland. Although he was not born Irish, he has become an important part of the Irish heritage, mostly through his service across Ireland in the 5th century. He is an important figure in Irish Catholic history. St. Patrick was born in Britain around 390 A.D. to an aristocratic Christian family. According to folklore, St. Patrick was kidnapped and brought to Ireland at 16, but he escaped and was reunited with his family in Britain at the encouragement of a voice he heard in his dreams, which later told him to go to Ireland. St. Patrick became a priest and then spent the rest of his life converting the Irish to Christianity.

He was fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-the-apostles and *Enlightener of Ireland*.

The dates of Patrick's life cannot be fixed with certainty, but there is broad agreement that he was active as a missionary in Ireland during the second half of the 5th century. Early medieval tradition credits him with being the first bishop of <u>Armagh</u> and <u>Primate of Ireland</u>, and they regard him as the founder of Christianity in Ireland, converting a society practicing a form of <u>Celtic</u> <u>polytheism</u>. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Britain and taken as a <u>slave</u> to Ireland, looking after animals; he lived there for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.



Why are Shamrocks a thing?

According to legend, St. Patrick used shamrocks (three-leaf clovers) to explain the Holy Trinity of the Father, the Son and the Holy Spirit while trying to convert people to Christianity. However, people didn't really start wearing shamrocks until as early as the 17th century.



Are Leprechauns real? Nope. (but I guess it would depend on how much celebrating you've done as to whether you've seen one) Leprechauns do have a rich history in Irish folklore. Tales of these little fairies were passed down for generations, and said to be the "shoemakers who socked away their profits in pots at the end of the rainbows, or scattered them around the mountains, forests or rocks." For centuries there have been people who have looked for leprechauns to get a piece of that gold and because they're rumored to bring good luck.

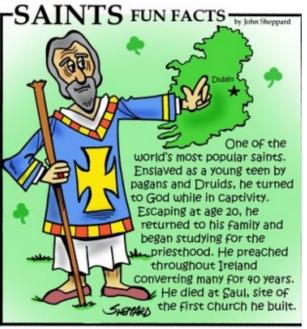
Why corned beef and cabbage?

You don't need to know anything about Irish culture to know that corned beef and cabbage is a traditional St. Patrick's Day dish. The corned beef part of the meal actually used to be bacon because cows were not generally used for their meat in Gaelic Ireland, but for their strength in the fields and for their milk. Corned beef and cabbage is really an American creation which originates from Irish immigrants in New York buying the meat from kosher butchers. The traditional St. Patrick's Day meal in Ireland is still lamb or bacon.









St. Patrick

REMINISCING

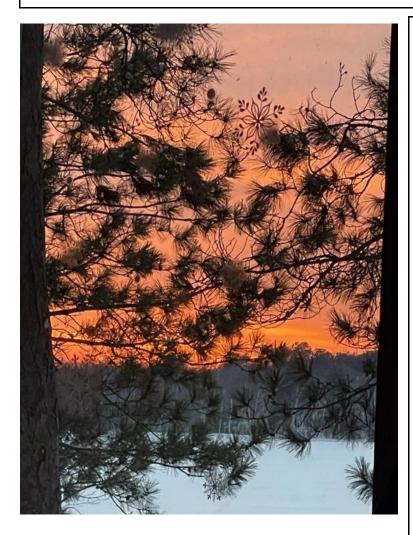


Photo by Lori Niemann Middle Eau Claire Lake February 2023

The brilliant skies that light our lives The setting sun that calms our souls The palette that is only God's He shares with us to make us whole jas





Trivia Answer # 1: The Feast of Saint Patrick

MORE MEMORIES TO COME

The Barnes Trading Post

Barnes VFW Post 8329

Pease Resort

The Cabin Store

The Enchanted Inn

Hilltop Bar and Grill (Fresh Air Post office) Boulder Lodge AREA SUGAR BUSH's

Tracks (Doorn's; Sages; Grilley's)

Robinson Lake Bar (Fahrner's Resort)

Sand Point Supper Club

BAHA Museum (Red White and Blue; Goetz's; Millers)

Barnes Town Hall

Sunset Resort

Ellison's Resort & Sylvia's Tavern

Tiffany's Salon (Debbie's Hair Design)

Jim Johnson Construction

Christenson Construction (5 Generations)

Georgia's (Skoglunds) Lyndale Bay Resort

Tall Pines Bar and Grocery

Traut's Resort

Frontier Supper Club

Cheesie's Lakeview Resort







MAKE SURE YOU HAVE YOUR PET'S MEDS AND SHOTS UP TO DATE !!

This year is no different than any other so please be sure your pet's shots are up to date, including Lymes, make sure their license is current and that the rabies tag is on their collar. Check the Town of Barnes leash and public area laws to keep your dog safe. If you're just moving to the area, your dog must be on a leash when walking or in public, and, you must have a local License tag. Visitors, please keep your tags up to date and your pet on a leash. You can get the license applications at the Town of Barnes office. Reminder: Kitties need their rabies, distemper, lymes shots and frontline/collars too! (even if they're inside kitties.) SERESTO IS A FANTASTIC PRODUCT FOR CATS AND DOGS .

LOCAL VET INFORMATION: KEEP YOUR VET'S NUMBER HANDY AT ALL TIMES.

NORTHSTAR VETERINARY CLINIC/HOSPITAL Dr. Sammi Pumala # 715-739-6823 52545 Old 63N, Drummond

SEELEY VETERINARY CLINIC Dr. John Mundel # 715-634-5996 12942W County Rd OO, Hayward (Seeley) NORTHLAND VETERINARY SERVICES Dr. Monica Brilla # 715-372-5590 8560 Topper Rd, Iron River

HAYWARD ANIMAL HOSPITAL #715-634-8971 15226W Cty Rd B, Hayward

NEVER FORGET OUR VETERAN CANINES AND THEIR SACRIFICES

PLEASE remember to walk with your dog on the ditch side of you. Walk against traffic and allow room for the passing cars. It's for their safety

PLEASE BE CAREFUL OF YOUR PETS WHEN WALKING THEM, THEIR PAWS CAN GET ICE **BURNS AND FROST BITTEN**







MAKE SURE THE ICE **MELT YOU'RE USING IS SAFE FOR YOUR PETS !!!!!**



ADOPT !!!

Northwoods Humane Society

10812 N. O'Brien Hill Road Hayward, WI 54843

Phone: 715-634-5394

Hours: **Tuesday through Saturday** 11:00 a.m. to 3:00 p.m.

PLEASE REMEMBER...

Pets are not just presents,

THEY ARE A LIFETIME

WE STILL HAVE A WAYS TO GO BEFORE OUR PETS ARE GOOD TO BE OUTSIDE FOR EXTENDED PERIODS

If it's too cold for you to stand at the door without your coat, it's probably too cold for your dog too, so pay attention to her behavior while she's outdoors.

If you notice your dog whining, shivering or appearing anxious, or she stops playing and seems to be looking for places to burrow, then it's time to bring her in.

Once temperatures drop under 20° F, all owners need to be aware that their dogs could potentially develop cold-associated health problems like hypothermia and frostbite. The best way to monitor dogs when it's cold is to keep a close eve on their behavior.

THANK YOU TO EVERYONE FOR YOUR SUPPORT OF OUR **VETERANS (AND THEIR CANINE PARTNERS) TO HONOR THEIR** SACRIFICES AND SERVICE.



Our babies love us without condition. They help us without effort. They heal our hearts and spirits and NEVER ask for anything in return, except love SO GIVE LOVE BACK TO THEM



BLESS CANINE



PET PAGE EXTRA



ESSENTIAL OILS FOR YOUR DOGS & CATS



Trivia Answer # 2: 1901

Developed with Janet Roark, DVM



When used correctly, Essential Oils can be beneficial for our pets and without negative side effects or unnatural additives

In general, it's best to start with a more diluted Essential Oil when introducing them topically to your pet. You can always increase the concentration if the desired effect is not reached, but it is difficult to remove and essential oil once it has already been absorbed. As always, each animal is unique and your pet may be more sensitive than others. Observe their behavior and they will tell you.

Here are some general guidelines to help you when starting out using essential oils topically with your pet...**always** observe your pets when diffusing or using the oils.

CARRIER OIL (i.e. Coconut or Olive oil)	ESSENTIAL OIL	AROMATIC
		• Diffusion (allow your pet to roam around freely, or keep the door open)
Puppies under 8 Weeks		Spray into the air (usually diluted)
and cats	2 Drops	• Direct inhalation: Put a drop of oil on your hands and allow the animal to inhale
250 Drops		• On a cloth, cotton ball, or tissue near the animal, or on bedding
Doges under 20 LBS &		 Hot Water/Steam: 1—2 Drops of oil in hot water
elderly Dogs 85-100 Drops	1 Drop	Humidifier: be sure to use one that is safe to apply essential oils into
		 Fan/air filter: place a drop of oil on a cotton ball and insert into a fan near the primal on directly on the sin filter in your hand.
Dogs over 20 LBS 1 Drop		animal or directly on the air filter in your home TOPICAL
50 Drops		
Hot Oils	1 Drop	 Dilute with a carrier oil before applying topically. Never apply in or near genitals, nose, eves or face as it can be too overwhelming for their senses
100 Drops	гыор	
		 Direct Application: place a drop of oil on your hands and rub them together, then pet along the spine of the animal or even pet the hair backwards
INTERNAL		 Massage: circular motions or massage techniques after applying an oil to your
Oils that indicate they are for int	ernal use on the label may	hands
be given internally. It is generally give more than 1—2 drops intern		Reflexology points: between the paw pads on the back paws
• 1-2 drops in a capsule with a	a carrier oil	Apply to the tips of ears (no for long eared dogs
Mixed with food (wet food w		Apply directly to the area of interest
Place a drop on your finge	r and wait until mostly dry,	• Mix a drop in their shampoo to apply during a bath
rub the residue on the pets'	gums	• Apply 1 drop of essential oil in 2 cups of ice water for a cold compress or hot
• 1 drop essential oil per 2 c recommended for cats)	cups of drinking water (not	water for a hot compress, soak a natural cloth in the water, wring out then apply to the area of interest
 In a natural toothpaste (not drop essential oil, 2 tables enough water to make a pa to brush teeth to maintain or 	poons of baking soda and ste. Only use a dab of this	STOP if you notice any reactions. <u>Avoid the following</u> if your pets is epileptic or has seizures: Basil, Camphor, Eucalyptus, Fennel, Rosemary, Sage, Wintergreen <u>and the blends that contain any of these oils.</u>



PUBLIC HEARING

BAYFIELD COUNTY PLANNING AND ZONING COMMITTEE <u>MARCH 16, 2023, AT 4:00 P.M.</u> BOARD ROOM, COUNTY COURTHOUSE WASHBURN, WISCONSIN

The Bayfield County Planning and Zoning Committee of the County Board of Supervisors will hold a public hearing on <u>Thursday, March 16, 2023</u>, at <u>4:00 P.M</u>. in the Board Room of the Bayfield County Courthouse in Washburn, Wisconsin relative to the following:

Chad & Robin Lisdahl are petitioning for a zoning district map amendment located (in a shoreland zone). The parcel is a 1-acre parcel (Tax ID #19564) described as a parcel of land in Gov't Lot 1, in Doc# 2017R-570218; Section 20, Township 47 North, Range 8 West, Town of Iron River, Bayfield County, WI from Forestry-1 (F-1) to Residential-1 (R-1). (* Note: parcels within one thousand (1,000) feet landward of the ordinary high-water mark of navigable lakes, ponds or flowages or within three hundred (300) feet landward of the ordinary high-water mark of navigable rivers or streams or to the landward side of the floodplain, whichever distance is greater is deemed a shoreland and/or wetland zone). Metes and bounds & easement description(s) available online through Planning and Zoning Committee agenda items.

<u>Gregory Merritt</u> requests a conditional use permit to place (2) Shipping Container/Intermodal Containers (20'x8'x8H) and (40'x8'x8H). Property is a Commercial zoning district; a 0.150–acre parcel (Tax ID# 20362), described as Lots 1, 2 & 3 in Doc #2016R-565941; in Section 7, Township 47 North, Range 8 West, Town of Iron River, Bayfield County, WI.

<u>Gregory & Kimberly Dalbec</u> (in a shoreland) request a conditional use permit to construct and operate a [Campground, [Public] (*EIA required)] consisting of a parking lot; 28 RV sites with water and sewer hook-up; storm water infrastructure; dumpster. No structures will be constructed except a well house. Property is (3) parcels in R-RB zoning district. Parcel #1 is a 4.0–acre parcel (Tax ID# 1283), described as a parcel in Gov't Lot 7 in Doc# 2018R-573264, Section 3 Township 44N, Range 9 W; Parcel #2 is a 0.991-acre parcel (Tax ID# 1339) described as a parcel in the S ½ of Lot 2 in Doc # 2018R-573263, in Section 4, Township 44N, Range 9 W and Parcel #3 is a 0.942-acre parcel (Tax ID# 1341) described as CSM# 286 in V. 3 P. 84 in Doc# 2020R-584010 in Section 4, Township 44 North, Range 9 West, all in Town of Barnes, Bayfield County, WI. Included in this request will be the requirement(s) of the Environmental Impact Analysis (EIA).

Immediately following the public hearing, the Bayfield County Planning and Zoning Committee may approve, modify and approve, or disapprove the proposed items and/or proposed amendments and formulate and adopt its recommendations to the Bayfield County Board of Supervisors with respect thereto (if applicable).

KINTETIC SAND Ingredients:

2 cups of dry sand 2 tbsp corn flour 1 tbsp dish soap

Water

Directions:

A LITTLE FUN IN THE MIDDLE





Food coloring (optional: may stain hands)

Leave to dry out in the window for 2-3 hours. And there you have it, a fun afternoon of sand!

Mix the corn flour and sand together. Add a little bit of water and stir.

3893 County Hwy N Barnes, WI 54873 715-795-2155 Tiffanyssalon@hotmail.com Full Hair Salon / Redkin Products

Monday - 9:00 AM - 5:00 PM Tuesday - 9:00 AM - 5:00 PM Wednesday - 9:00 AM - 5:00 PM Thursday - 9:00 AM - 5:00 PM Friday - 9:00 AM - 5:00 PM Saturday - CLOSED Sunday - CLOSED

BARNESTORMERS

Barnes WI Snowmobile Club We would love to have you!!!! Check us out on Facebook



WHY?

BECAUSE I TOLD MY KIDS THERE'S NOTHING IN THE DARK TO BE AFRIAD OF

I'M MAKING SURE IT STAYS THAT WAY

LAKE COUNTRY ATV CLUB

3025 East Shore Road Barnes, WI 54873



Commercial \$ 25 Family \$15 Single \$ 10

Dues:

Paul Solberg, President Vice President: Jeff Johnson Treasurer: Bill Webb Secretary: Kelly Webb IT'S TIME TO TAKE AN INTEREST IN OUR TOWN !

GET INVOLVED JOIN & CLUB HELP MONITOR OR CLEAN UP THE BOAT LANDINGS

WRITE TO THE TOWN OFFICE WITH YOUR CONCERNS OR SEND THEM TO ME.

WE NEED YOUR HELP WE CAN'T DO IT ALONE WE NEED YOU TO CARE

OURCOMMUNITY

NIGHTLY SPECIALS

Monday	AYCE Hand-Breaded Shrimp \$14.99
Tuesday	1/4# Burger Baskets \$6.99
Wednesday	Steak Sandwich \$14.99
Thursday	Taco Thursday \$3.00
Friday	AYCE Fish Fry \$14.99
Saturday	Ribs! Half Rack \$13.99 Full Rack \$16.99

TRACKS INN

BREAKFAST BUFFET

Saturdays & Sundays 9:00 a.m. to 11:00 a.m.

Follow us on FB for updates



ANNUAL BARNES BARNES TRADING POST 9-BALL 9-BALL DOURNAMENT SATURDAY APRIL 8TH @ 10AM DOUBLE ELIMINATION CALL OR TEXT 715-979-1267 FOR MORE INFORMATION S500 ADDED



Hummingbirds will start arriving in the next two weeks! They will need energy for their migration north, so get those hummingbird feeders ready. And remember that homemade nectar is best: no dyes or flavoring, just water and sugar.

Ruby Throated Hummingbird Migration



2023 TAI JI QUAN

Is the below out of balance ???? Is this you ???? JOIN US!



Tal Ji Quan: Moving for Better Balance is an evidence-based program designed to keep you mobile & independent.

Improve your balance, strengthen your muscles and reduce the risk of falling. Each session consists of warm-up exercises, a mix of core forms and brief cool down exercises.

The class is geared for adults age 60+ who want to improve strength, mobility, and reduce the risk of falling.

This class is for anyone. No prior experience in Tai Ji Quan is necessary. Dates: February 3 – April 28, 2023 (12-week class; Mon and Fri.)

Time: 10:45-11:45 AM

Location: Barnes Town Hall 3360 County Hwy. N Barnes, WI 54873

Leader: Mia Mueller-Alston

Cost: Suggested donation of \$5/class. Participants under the age of 60 will be charged \$5/per class.

All can participate regardless of ability to pay.

To register, please contact: RSVP/AmeriCorps Seniors (Retired & Senior Volunteer Program)

Tel: (715) 292-6400 (ext. 2)

Registration Deadline: Feb. 1, 2023 No late registrations can be accepted.



Brought to you by:



Pat & Kara Foat - Owners Jct. County Y & Lake Road Barnes, WI 54873 715-795-2561

We are now an authorized licensed "Recreational Vehicle Registration Center"

WINTER HOURS

Store Hours: Sun-Thurs 7am to 6pm Friday-Sat 7am to 7pm

Bar & Kitchen Hours: Monday & Tuesday Bar: 10am to close Kitchen: 11am-5pm

Wednesday: Bar: 12pm to close Kitchen: Closed

Thursday: Bar: 10am to close Kitchen: 11am-6pm

Friday-Saturday-Sunday: Bar: 10am to close Kitchen: 11am-9pm

P.J.'S

CABIN STORE

HUNTING & FISHING LICENSES INFORMATION STOP * ICE * MOVIE RENTALS WISCONSIN LOTTERY * GROCERIES FULL LIQUOR BAR * FOOD AVAILABLE SMOKING PAVILLION

Gas, Oil, and On & Off Road Fuel Available

TRAIL PASSES AVAILABLE

> WELCOME HUNTERS

CHECK US OUT COFFEE BAR

On-Off sales of beer and liquor. A wide variety of grocery products including canned goods, dry goods, frozen items, candy; a good variety of ice cream, snacks, cheeses and other dairy products. First aid supplies and home remedies.

ALSO AT THE CABIN STORE

Try our new Coffee Bar: get a Coffee to go or hot chocolate or Cappuccino.

Bait Store with assortment of bait, Including minnows, leeches, worms, crawlers and waxies—nice assortment of tackle.

Trivia Answer # 2: 40 pounds



TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER Winter Hours: Open Wednesday and Sunday 8:00 a.m. to 2:00 p.m.

NO HAZARDOUS DISPOSALS/ITEMS

Call the site at 715-795-2244 before bringing in large items. SORRY—WE CANNOT ACCEPT TRASH OR RECYCLING FROM BUSINESSES

EMPTY REFRIGERATORS, FREEZERS, WINDOW AIR CONDITIONERS (Full Size) \$ 20.00 EMPTY REFRIGERATORS, FREEZERS (SMALL) \$15.00 PROPANE TANKS: MUST BE EMPTY / NO CHARGE STUFFED CHAIRS; \$10 COUCHES/LOVESEAT/RECLINER/TABLES; \$ 30.00 EACH MATTRESS/BOX SPRING-ANY SIZE \$20.00 EACH HIDE-A-BED/SLEEP SOFA: \$25.00 W/O MATTRESS / \$ 45.00 WITH MATTRESS TIRES: CAR/LIGHT TRUCK 5.00 EACH LARGE TIRES: TRUCK/TRACTOR -- \$\$ DETERMINED BY ATTENDANT TELEVISIONS AND COMPUTER EQUIPMENT NOW CHARGED BY WEIGHT, NOT SIZE MISC. FURNITURE; \$5.00/MISC ITEMS NOT LISTED DETERMINED BY ATTENDANT PLASTIC LAWN CHAIRS: SMALL \$ 2 EA / LARGE \$ 3 EA / TABLES \$4 EACH CARPETING, PADDING, RUGS, DEPENDING ON SIZE; \$10.00 AND UP DEHUMIDIFIERS / COMPLRESSORS \$ 15 EACH FLOURESCENT BULBS 8 FOOT; \$5.00 EACH FLOURESCENT BULBS 4 FOOT; \$2.00 EACH FLOURESCENT BULBS LESS THAN 4 FOOT; \$1.00 EACH CFL BULBS (IN DESIGNATED BOX); \$1.00 EACH BATTERIES; FREE ELECTRICAL APPLIANCES: (STOVE, WASHER, DRYER, MICROWAVE, WATER HEATER) FREE METAL, GRASS CLIPPINGS, PINE NEEDELS, BRUSH AND CLEAN WOOD: FREE

Beginning in December, Transfer Site passes will be available for purchase at the Transfer Site or Clerk's Office at a cost of \$120 per calendar year. There will no longer be a bag fee and cash will no longer be accepted for disposal fees after January 31st, credit/debit cards only.

BRUSH AREA OPEN ACROSS CTY HYW N FROM THE TRANSFER STATION

Please, only "natural" brush, branches, trees, and stumps

RECYLCLING MYTHS AND FACTS:

The most common items to be recycled are: Mail, paper, glass bottles & jars, aluminum, stell & tin cans, plastic bottles, jugs and tubs.

Myth: Any plastic can be recycled

Fact: Only plastic bottles, jars, jubs, tubs with a # 1,2,5 are recyclable. Plastic buckets / pails and lids are not

- <u>Myth:</u> Plastic bags, electronics, medical waste, Styrofoam, plastic totes, lawn chairs, empty oil containers, Amazon/ USPSshipping bags, pots and pans can be recycled.
- Fact: NONE of these are to go into the recycle bins
- Myth: Any item placed in the recycle bin will be recycled
- **Fact:** This is "wish-cycling". Too much contamination will cause the bin to be emptied in the landfill and fines will be levied to the transfer station.
- Myth: It is ok to place small amounts of food waste (garbage) in recycle bins
- Fact: ALL ITEMS MUST BE CLEAN Nothing with food waste, grease, etc. is recyclable
- <u>Myth:</u> Plates, bowls, cups, saucers, glassware are cyclable
- Fact: They are not. This includes dirty paper plates/plastic ware and solo cups

ITEMS NOT ACCEPTED AT THE BARNES TRANSFER STATION: Paint, moto oil, gas, explosives, fireworks, ammunition, flammables, antifreeze, lubricants, corrosives, etc. Ask attendant if in doubt. Keep foods and liquids out of recycling. No loose plastic bags, bagged recyclables or Styrofoam.

EVERY TUESDAY

All cardboard boxes mut be flattened and 3x3 ft or smaller. No pizza boxes.

NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE

Bayfield County and Namekagon Transit are providing a route to serve the southern part of Bayfield County. The route originates in the Barnes area then picks up riders in Drummond and Cable, continuing into the Hayward area. Passengers will then have the ability to transfer to a "circular route" in Hayward, where they can travel from store to store or from one address to another, including the courthouse and various medical facilities. The cost for the service is \$1.00 one way and \$0.50 for seniors and persons with disabilities who have a Transit ID card. You **must** call by 1:00 p.m. the previous day to schedule a ride.

If you would like to have an application sent to you for a reduced fare or have any questions, please call Namakagon Transit toll free at (866) 295-9599 or 715-634-6633.



- 9:50 Leaves the Barnes Community Center
- 10:10 Leaves the Drummond Library and Senior Housing
- 10:45 Leaves the Cable area/Rondeau Market
- 11:00 Arrive in Hayward at the Hayward Area Memorial Hospital
- 1:00 Begin return trip to Cable, Drummond and Barnes with stops as needed

BARNES FIRE DEPARTMENT and AMBULANCE 5005 County Hwy N, Barnes, WI 54873 715-795-2424 for Non Emergency Calls

FIRE DEPARTMENT:

Fire Chief - Brock Friermood brockFriermood@TownOfBarnesWI.gov

Volunteer Members: Richard Renz Robert Skweres

Robert Skweres Damian VonFrank Greg Strasser Jacob Larson Jennifer Peterson Josh Peterson Leevi Frint Roseanne Peterson Whitney Jeanetta Zack Zepczyk



AMBULANCE SERVICE:

Ambulance Director/Volunteer: Brett Friermood brettFriermood@TownOfBarnesWl.gov

Full Time EMT's:

Kaylee Silverness and Jake Coleson

Volunteer Members:

Sonia Von Frank Tom Renz Brandon Friermood Brock Friermood Robin Friermood Dawn Piburn Sarah Juleff Whitney Jeanetta



WE CAN'T THANK YOU ENOUGH FOR YOUR DEDICATION TO KEEPING OUR COMMUNITY SAFE

Friends of Tomahawk Lake Park

Check for updates on the Town Website

Thank you for your continued support and contributions !



BAYFIELD COUNTY

Bayfield County is recruiting for an additional Youth Services and Support Coordinator. We are interested in finding the right individual to work with families; please share this with anyone you think would make a quality case manager, as it could really help the search!

https://www.governmentjobs.com/careers/bayfieldco/jobs/3580102/youth-support-and-services-coordinator

The Children's Long-Term Support (CLTS) Waiver Program is a Home and Community-Based Service (HCBS) Waiver that provides Medicaid funding for children who have substantial limitations in their daily activities and need support to remain in their home or community.

Historically, there was a waiting list for CLTS. Wisconsin Department of Health Services (DHS) established the continuous enrollment initiative in 2021.

Continuous enrollment is a process that helps kids join the CLTS Program faster. This new initiative has allowed Bayfield County to serve many more children with disabilities. It has been a challenging time for the Support and Service Coordinator to keep pace with the number of children on the case load who need service coordination.

If you have any questions regarding Bayfield County Programs, please contact:

Carrie Linder, CSW Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

Please note Bayfield County Human Service email addresses have changed as of 01/25/21.

Aging and Disability Resource Center of the North Bayfield County Department of Human Services PO Box 100 117 East 5th St. Washburn, WI 54891 Phone: 715-373-3350



THANK YOU

DRUMMOND FIREFIGHTERS

Sitting top: Addie Arens

Back Row left of cab:

Dan Johnson
 Mark Jerome - Fire Chief
 Roy Bloom

Front Row Left of Cab:

- 1. Richard Dahl
- 2. David Todus
- 3. Klara Gierczic
- 4. Amy Kohlwey
- 5. Jim Mortenson
- 6. Jeff Hurula (Kneeling)

Back Row Right of Cab

- 1, Wade Spears
- 2. Tim DeChant
- Dean Johnson
 Kyle Willamson

Front Row Right of Cab:

- 1. Del Jerome
- 2. Rodger Larsen
- 3. Mike Arens
- 4. Lester Watters
- 5. Zach Manthey



We can't thank you enough for your dedication to keeping our community safe

WISCONSIN FAMILY AND CAREGIVER SUPPORT ALLIANCE BAYFIELD COUNTY

Contact: Lynn Gall, (608) 266-5743 or Harriet Redman, (920) 968-1742

When a Workforce Shortage Crisis and a Caregiving Crisis Meet

"Wisconsin Working Caregivers: Strategies and Resources for Employers"

For more information, please visit Wisconsin Family Caregiver Support Program (wisconsincaregiver.org).

Madison, WI – The workforce shortage crisis being felt by businesses across Wisconsin includes a characteristic that is often overlooked: The need to support family caregivers in the workplace.

Employers experience a drain on productivity when employees struggle to balance their work lives with the responsibilities of caring for children, aging relatives, or disabled family members. In a recent survey, more than eight in ten employed caregivers in Wisconsin reported having their work life interrupted, resulting in workplace accommodations such as using flex time, reducing work hours, or quitting work entirely.



"Without adequate support, working caregivers and their employers suffer," said Lynn Gall, Family Caregiver Support Programs Manager for the Wisconsin Department of Health Services and member of the survey project conducted by the Wisconsin Family and Caregiver Support Alliance (WFACSA). "The results showed us the challenges faced by working family members and friends and the businesses that employ them. Our goal at WFACSA is for every employer in Wisconsin to know about our state's free Aging and Disability Resource Centers (ADRCs), family caregiver support programs, and other community organizations available to help support their employees."

Conducted in partnership with UW-Madison Division of Extension, <u>the Wisconsin Working Caregivers Strategies and Resources</u> <u>for Employers</u> report published by WFACSA provides insight into challenges of recruiting and retaining employees in the current job climate. It also identifies opportunities for businesses to make positive changes simply by tapping resources already available in every Wisconsin community.

Numerous studies, including a <u>Harvard Business</u> School project called "Managing the Future of Work: The Caring Company," note that employers can attract and retain more workers by helping staff balance work and family caregiving responsibilities. Employers may not realize that one in four working-age adults provides care or financial assistance to an older family member or loved one With a disability or long-term such as an adult child, spouse, or other loved one. This means that at least one quarter of potential hires and those currently working are balancing home and job responsibilities in addition to traditional child rearing.

"We learned that a few small changes can transform businesses into a place where employees will want to build a long career," says Harriet Redman, Executive Director of WisconSibs and member of the WFACSA project. "That is why we are excited to share our survey results and open the conversation around the free and low-cost strategies and resources already available to support businesses."

The survey also found that nearly 3/4 of respondents were not meeting their own personal needs, such as taking care of their own health, and 2/3 had difficulty balancing care for someone at home. Seventy-two percent said they were tired or worn out all the time, while 90 percent said their 2 emotional or physical health had worsened since taking on a caregiving role. (2-page synopsis of survey findings here.)

Approximately 40 million Americans are providing care to an adult family member or friend, and nearly 60% of them (approximately 24 million adults) also work a paying job. Even more workers are providing care for a child with disabilities or special healthcare needs. Not only do employed caregivers experience high levels of stress, but their dual roles also impact their careers and employers.

The UW Division of Extension Employed Caregiver Survey is free and available to any employer interested in surveying their own workforce.

Click the "How To Host a Survey" tab at: https://fyi.extension.wisc.edu/agingfriendlycommunities/employed-caregiver-survey/

The mission of the <u>Wisconsin Family and Caregiver Support Alliance</u> is to raise awareness of family and caregiver support needs and increase the availability of and access to services and supports - both paid and unpaid - which will keep people across the lifespan engaged in their community as long as they desire. For information about the Alliance and to find resources to support families and provide care for a loved one, visit http://wisconsincaregiver.org/alliance

Carrie Linder, CSW Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov

Fluorescent Lamp recycling	-	LL HAVE BUTTONS !! A BARNES, WISCONSIN"			
Wisconsin's Focus on Energy has sponsored a fluorescent lam type) recycling program. Residential bulbs can be recycled at the participating local retailers:	p (curly e following		s, the Barnes Homemakers Club se buttons for fundraisers.		
Hayward - Ace Hardware and Co-op Hardware Poplar - Poplar Hardware Solon Springs - Solon Springs Mercantile		Tom Van Delist came across one of the buttons in his mothers belongings and decided it was time to bring them back.			
Some 5 million Compact Fluorescent Lamps are being sold in W annually. While these bulbs save energy and reduce the emissio power plants, they also contain mercury and should be recycled. to the Mercury Product Flow Model developed for DNR, an estim kilograms (580 lbs) of mercury were released to the environment	ns from According ated 263	support the nev ATV and Sn	vere sold to help raise funds to v storage building for the Barnes owmobile clubs. Also, for the nes Notes and News.		
fluorescents in 2000 and this was before the rapid increase in compact fluorescents. The Council on Recycling has chosen me containing products as one of its priorities for improving manage and, where possible, the elimination of the use of mercury.	sales of rcury-	We don't want t	are \$ 3.00 each or 4/\$10.00 the remaining buttons to sitso when you're ready to get some more!!!		
Focus on Energy has set up a program to facilitate the take back recycling of fluorescents at over 250 retailers throughout the stat web page has a locater for these businesses www.FocusOnEn (Under 'Store Type', choose the listing for 'CFL Recycler'.)	e. Their		OU FOR YOUR SUPPORT FREATLY APPRECIATED		
Eau Claire Lakes Conservation Club		ADRC	Medicare		
	8:0	of Operation: 00 - 4:00	Vitamin D Brain Wellness Check Seasonal Affective Disorder		
The club welcomes volunteers and other		through Friday I-866-663-3607	And more		
interested individuals. We hope to see YOU at the next meeting!	117	ADRC office: E. 5th Street	Sponsored by: UW Extension University of Wisconsin Bayfield County County Administration Building		
Questions? Please contact:		urn, WI 54891 nts are not neces-	117 E. 5th Street Washburn, WI 54891		
Fred Kawell at 715-379-1553	sary bu	it are helpful. /ww.adrc-n-wi.org	Phone: 715-373-6104 Fax: 715-373-6304 Office Hours:		
Medication Drop boxes in Bayfield County Sara Wartman, BSN, RN Director/Health Officer			8:00 a.m 4:00 p.m. Monday through Friday		
Bayfield County Health Department		AK .	Website:		
With support from the Security Health Plan grant and other local funding sources, Bayfield County Health Department	and the second second	AN	<u>http://bayfield.uwex.edu/</u>		
has installed three medication drop boxes and three sharps containers throughout the county. The medication drop box-		•			
es are located at the Bayfield County Sheriff's Department, Bayfield City Hall and the Iron River community Center. You can now dispose of old or expired medications at these			from yesterday's		
locations. Accepted Items: Prescription medications, control and non-		•	i't looking so good,		
controlled medications; over the counter medications; medica- tion samples; vitamins; medicated ointments or lotions; inhal-	and I've already used up				
er.	tomorrow's TIRED!				
3 Sharps Boxes are also stationed in the area. Contact Bayfield County for locations.	*		A Part		
THANK YOU FOR. "GOING GREEN"					
Find us at:			CANK - X		
TownOfBarnesWI.gov / Community / Barnes Notes and News / 2022		8			
Email: barnesnotesandnews@gmail.com		FB	/ BRITISHBIRD		

HELP WANTED - FOR SALE - PET SITTING - HANDYMAN WORK

PLACE YOUR ADS HERE

WE'LL KEEP THIS PAGE OPEN FOR YOU!!!!

HOUSEKEEPING	LAWN CARE	HELP WANTED					
GARAGE SALE	LOOKIN	G FOR	YARD WORK				

	SEND ME YOUR INFO
PETS	barnesnotesandnews@gmail.com
	Give me a call:
	Julie (Friermood) Sarkauskas
	715-795-2775
	Follow us on Facebook

FUN AND GAMES

23

15

18

33

52

34

48

21

37

41

44

47

38

57

60

63

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17

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62

26

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51

27

Across

- 1. Writer Waugh
- 5. "Miss America" host
- 10. Merganser
- 14. Singing syllables
- 15. Wed
- 16. Beginning of greed?
- 17. Words between "put" and "writing"
- 18. Accustom
- 19. Muscat's former partner
- 20. Start of a quip
- 23. Flynn of "The Sea Hawk"
- 24. OPEC concern
- 25. Edict
- 28. Anode-directed particle
- 29. Underhanded
- 32. Words before "about"
- 33. Smallest of the litter
- 35. Word for early morning hours
- 36. Middle of the quip
- 40. Beret's center?
- 41. Georgia of "The Mary Tyler Moore Show"
- 42. Gravish-brown sea eagle
- **43**. Director Howard
- 45. Use Novocain
- 47. Consumer's protective agcy.
- 48. Bigwig in Istanbul
- 50. End of the quip
- 56. Opera's Gluck
- 57. Ford model
- 58. Dairy stick
- 59. "Aurora" painter Guido60. The "E" in literary monogram TSE
- 61. Prepare to mail
- 62. Pipe opening?
- **63**. Big name in farm equipment
- 64. William with the bow

Down

- 1. Landed
- 2. Plaster backing
- 3. Nobelist Wiesel
- 4. Down Under capital
- 5. Political refugee
- 6. Tropical fruit 7. Unusual partner?
- 8. Goofs
- 9. Canine, but not a dog 10. Thread unit
- 11. Office missive

- **12**. Cheese in red wax
- **22**. Dishwasher setting

- 27. Rumsfeld's predecessor
- 28. Part of IBM (Abbr.)
- **30**. "Fistful of Dollars" director Sergio
- 31. Aden is its largest city
- 33. Latvian capital
- 34. Employ
- 37. "La Traviata" composer
- 38. Set up the tents

- 39. Farthest back
- 45. Give, as time46. Wide shoe size

11

16

19

39

47

61

64

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31

13

- 47. Physically delicate
- 48. Banks of the diamond
- 49. Word with coach or home
- 50. Fido's bane
- 51. Potent front?
- 52. Carpet characteristic
- 53. Gen. Robt. ---
- 54. Patricia, who co-starred in "Hud"
- 55. Tunnel fee
- 56. Paul's singing partner

- **ST. PATRICKS DAY TRIVIA**
- 1. What's another name for St. Patricks' Day
- 2. How many pounds of green vegetable dye are used to turn the Chicago River green?
- 3. What color was originally associated with St. Patrick's Day?
- 4. What is another term used for Ireland?
- 5. According to Hallmark, how many American's exchange St. Patrick's Day cards?
- 6. Where was St. Patrick actually born?
- 7. According to legend, what happened during one of St. Patrick's sermons on the Irish hillside?
- 8. What day does St. Patrick's Day always fall on?
- What year did Chicago begin it's annual tradition of turning the Chicago River green on St. Patrick's Day? 9.
- 10. How many people a year visit New York's St. Patrick's Cathedral?

- - 29. Excalibur, e.g.

SEARCH FOR TRIVIA ANSWERS BY NUMBER IN THIS ISSUE

- **13**. Preferred outcome 21. Angry reaction
 - 25. Widow's inheritance
- 26. Calendario part

FUN AND GAMES

	MARCH SUDOKU - Medium										
	8 6 1 3										
						9					
	6 5 9 2 4										
	1 2 9										
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7							8				
	2 8 7										
	7										
5	1						4				

MARCH SUDOKU - Hard										
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5	5 1 2 3									
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9	3									
7				2		1				
				3		9		5		
			6 2			8		3		

FEBRUARY CROSSWORD ANSWERS

Α	С	С	R	Α		Е	L	Α	N		С	D	S	
R	E	L	I	т		L	Е	N	0		н	Е	Р	
К	N	0	С	к	F	L	Α	т	т		0	Р	U	S
	S	Α	н	Ι	В		F	Е	Е	D	L	0	т	т
Y	U	к		Ν	I	Р			S	Е	Е	S	т	0
Α	R	Е	Α	s		R	U	В		Р	R	E	Е	N
К	E	D	S		D	Е	N	I	R	0		D	R	E
			Р	R	Е	S	s	к	I	т	т			
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REMINDER:

Please have your ads, articles or stories to the paper by the 20th of each month to ensure placement in the next month's issue.

We will try to accommodate items received after the 20th. (please note that we do have certain items that cannot be received until just before issuance and spots are reserved for these monthly entries.)

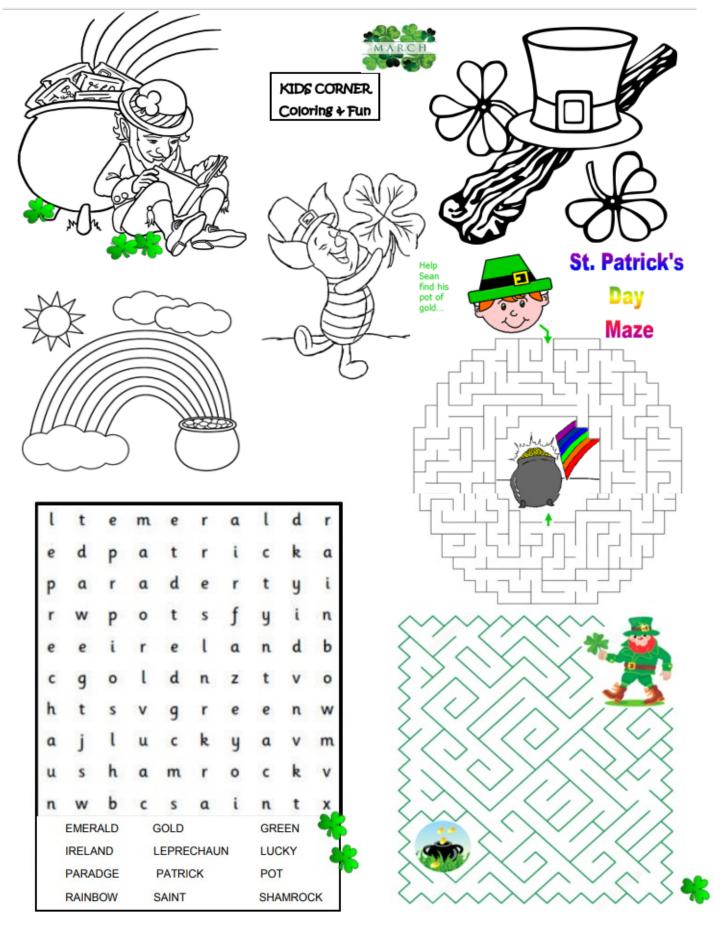
Email any items you may have to:

Julie (Friermood) Sarkauskas at:

barnesnotesandnews@gmail.com

or call: 715-795-2775



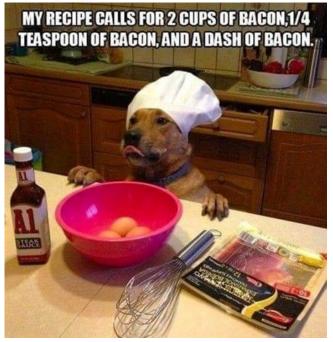


PLANTING, HARVEST AND CANNING ARE JUST AROUND THE CORNER



You put about 1/4 cup of baking soda in a small glass bowl and squirt in hydrogen peroxide until it makes a nice paste. Then you rub it on the offending

dirt/stain/grease...whatever! You can usually just use your fingers...but you can also use a small sponge as well.



Trivia Answer # 4: The Emerald Isle



35

BEFORE YOU START

Before you start canning, read recipe instructions and gather all equipment and ingredients. Inspect the glass canning jars carefully for any chips, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Discard any imperfect jars.

TIPS FOR SUCCESSFUL CANNING:

- Select fruits and vegetables when they are at the peak of their quality and flavor, washing them thoroughly before using.
- Follow the directions for each recipe exactly—don't substitute ingredients or change the processing times. Prepare only one receipt at a time; do not double recipes.
- Substitute a cake cooling rack if you don't have a rack specifically made for canning. Place in the canner before you add the canning jars.
- Use only white vinegar when pickling.
- Use a canning funnel, which has a wide opening and sits on the inside of the mouth of the jar, allowing you to fill the jars cleanly and easily. Wipe the threads and rim of each jar to remove any food that spills.
- Reuse screw bands if they are not warped or rusty. Jar lids are not reusable however, so use a new one for each of your canned creations.
- Accurately measure the head space—the distance between the top of the jar to the food/liquid inside. This is critical because it affects how well the jar seals and preserves its contents. A clear plastic ruler –kept solely for kitchen use, is a big help in determining the correct headspace.
- Refrigerate leftover product if there's a small amount left that won't completely fill another jar. Use it within several days.
- Use non-metallic utensils when removing air bubbles from the jar and measuring head space.
- Store home-canned foods in your cupboard for up to one year.

HOT JARS VS. HOT STERILIZED JARS:

Why do some canning receipts call for hot sterilized jars, while others call simply for hot jars?

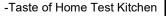
If the mixture will be proc3essed in the boiling-water canner for 10 plus minutes, jars just need to be hot.

If it's less than 10 minutes, jars need to be sterilized in boiling water for 10 minutes (or 1 minute more for each 1,000 feet of additional altitude.)

You may ask, why do the jars have to be hot before hand? The liquid/food you're putting in them is boiling hot, thus if the jars are hot (besides the obvious sterilization) you aren't putting hot product into cold jars and taking a chance of them breaking either when the product goes in the jars or when you put them in the water bath.

PAY ATTENTION TO THE PECTIN

Liquid and powdered pectin are made from the natural pectin in apples and citrus fruits. However, they are not interchangeable. Always us the specific type of pectin called for.







I already benefit from another cousins spiritual, mental and self-being support, and I could not do it without her—but I also need to get the rest of me back in shape. With the help of both cousins, I just might find "my" better place.

We all have them, we all waiver from them, but not all of us find our better places and we might just need some help. I don't stop for anything, but sometimes my body takes over my brain and "makes" me stop. By then, I'm already on the edge.

Find your place, whether on your own or with the help of someone else. Just find your place. Mine *starts* with incredible friends and my family. I Have the very Best family—and without our humor, concern for each other, unconditional love and caring for each other—"my" place wouldn't exist, not even a little.

"Keep the laughter, find your faith, love genuinely and you will always find your peace"

Julie "Friermood" Sarkauskas

BE STRONG - BE HAPPY - BE GOOD TO YOURSELF





CHERYL'S RECIPES

ASPARAGUS STUFFED CHICKEN

Cheryl Pease

Ingredients:

- 1/2 cup (2.36 oz) Raw Asparagus (1 green)
- 6.8 oz raw chicken (3/4 leaner)
- 1 oz part skim Shredded Mozzarella Cheese (1/4 lean)
- 1/4 tsp salt (1 condiment)
- 1/2 tsp ground pepper (1 condiment)
- 1/2 tsp garlic powder (1 condiment)
- 1 tbsp olive oil (1 healthy fat)

Instructions:

- Preheat oven to 425 degrees F. cut the chicken breast in half, length-wise, leaving it intact on one side (creating a pocket to stuff).
- Season the inside of the chicken breast with half of salt and pepper and garlic powder.
- Sprinkle the mozzarella cheese and the 1/2 cup of asparagus in the center of chicken breast and fold over, enclosing the filling. Season the outside of the chicken breast with other half of salt, pepper, garlic powder.
- Heat a large, oven safe skillet (I use cast iron) over medium-high heat and add the 1 tbsp. olive oil, swirling around to coat the bottom of the skillet.
- Cook the chicken top side down, for 3 to 5 minutes, until the chicken easily releases from the pan and is golden brown on top. Flip the chicken over and cook an additional 3 to 5 minutes to sear the bottom side.
- Carefully cover the skillet with tinfoil and place in the preheated oven.
- Bake for an additional 15 minutes, or until the internal temperature of the chicken reaches 155 degrees.
- Carefully remove the skillet from the oven and let sit, covered, for about 5 minutes. The temperature of the chicken should rise to meet 160 degrees and will be super tender and juicy!
- Enjoy!

Notes:

- If you do not have an oven safe skillet, use a regular skillet and then transfer chicken breast to a baking dish and cover with foil before placing in oven
- I also used tooth picks to hold them together just a little bit better!

The world we live in, has a tremendous influence on our behavior. We have a tendency to blame the people, places, and things that we are exposed to when something goes wrong. If we can consistently change our surroundings and optimize their conditions, then we can help create and sustain, lifelong habits of health. Our behavior is extremely dependent on our surroundings. How do the people you surround yourself with, the places you live and work in, and the things that you you are exposed to affect your daily behaviors?

The takeaway message is that it is recommended that you avoid people, places and events in your life that are not leading you to health and well-being, and if you cannot do this, at least ask them to support you on your journey. We heatter, invite them to join you!

Attract what you expect, Reflect what you desire, Become what you respect, Mirror what you admire.



One of the #1 causes of "globesity" & "diabesity"!

Open your eyes & ears, & be aware of what will prevent both & will allow you to THRIVE!

"An ounce of prevention is worth a pound of cure," & the key to prevention lies in your daily CHOICES & DECISIONS!

https://linktr.ee/cherylpease





ENJOY

LOADED SLICED BAKED POTATOES

Facebook Recipes

Ingredients:

- 3 large russet potatoes washed and dried
- 1 tablespoon oil vegetable, canola, or olive oil
- Salt and pepper to taste
- 2 cups cheddar cheese shredded
- 6 slices bacon uncooked
- 1 tablespoon Italian seasoning blend
- 2 green onions diced

Instructions:

• Preheat oven to 375F degrees.



- Slice the potatoes into ³/₄-inch thick rounds. Place the potatoes on a large baking sheet in an even layer. Use a pastry brush to lightly coat the top and bottom of each potato slice with oil. Season with salt and pepper.
- Bake the potatoes at 375F for 25 minutes.
- While the potatoes bake, cook the bacon in a frying pan over low heat, turning occasionally for even cooking. Once fully cooked and crispy, remove the bacon from the pan and set aside to cool, then crumble once fully cooked; keep the bacon drippings for the next step.
- Remove the potato slices from the oven and lightly brush on all sides with the bacon drippings.
- Return the potatoes to the oven and bake for 10 more minutes.
- Top the potatoes with grated cheese and crumbled bacon. Place back in the oven to bake until the cheese is melted, about 5 minutes.
- Remove the potato slices from the oven, then sprinkle with Italian seasoning and green onions.
- Serve immediately with sour cream.

EASY HONEY GARLIC SALMON

Prep Time10 mins/ Cook Time10 / Servings: 4 people / 338 Calories

Ingredients:

- 4 wild caught salmon fillets about 1/2 pound or 250 grams each, skin off or on
- Salt and pepper, to season
- 1/2 teaspoon paprika (mild, sweet or smokey)
- 2 tablespoons butter
- 4 cloves garlic, finely chopped or minced
- 4 tablespoons honey
- 1 tablespoon water
- 2 teaspoons soy sauce
- 1 tablespoon fresh squeezed lemon juice, (plus extra to serve)
- Lemon wedges to serve

Directions:

- Arrange oven shelf to the middle of your oven. Preheat oven to broil/grill settings on medium heat.
- Season salmon with salt, pepper and paprika. Set aside.
- Heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute, until fragrant. Pour in the honey, water and soy sauce; allow the flavours to heat through and combine. Add in the lemon juice; stir well to combine all of the flavours together.
- Add the salmon steaks to the sauce in the pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste (if desired).
- Optional -- Add the lemon wedges around the salmon (adds a stronger lemon taste).
- Baste salmon one more time then transfer the pan to your oven to broil / grill for a further 5-6 minutes, or until the tops of the salmon are nicely charred, and the salmon is cooked to your liking.
- To serve, drizzle with the sauce and a squeeze of lemon juice. Serve with steamed vegetables; over rice or with a salad.



ST. PATTY'S TREATS

KEY LIME PIE COOKIES

Facebook Recipes

Ingredients:

Graham Cracker Cookies

- 1 cup butter softened
- 2/3 cup sugar granulated
- 1/2 cup brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 1/2 cups all-purpose flour
- 2 cups graham cracker crumbs
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 tsp baking powder
- 2/3 cup graham cracker crumbs

Key Lime Pie Filling:

- 8 oz cream cheese room temperature
- 2/3 cup sweetened condensed milk
- 1/4 cup lime juice
- 2 tsp lime zest
- 1/4 cup powdered sugar

Topping: Lime wedges and whipped cream

Directions:

For the cookies:

- Preheat the oven to 350F and prepare 2 baking sheets with parchment paper. Set aside.
- In a large mixing bowl, cream the butter, granulated sugar, and brown sugar until smooth. Add the eggs and vanilla, and mix until combined.
- Add the flour, 2 cups graham cracker crumbs, salt, baking soda, and baking powder. Mix until completely combined.
- Use a large scoop to create 15 equally-sized cookie dough balls.
- Roll them into smooth balls, then roll in the remaining graham cracker crumbs.
- Place 6 on each baking sheet. Gently flatten into a hockey puck shape. Bake for 11-13 minutes.
- Remove from the oven, and use the center of a measuring cup to gently press the center of each cookie down and create an indent where the filling will go. Allow the cookies to completely cool while making the filling.

For the filling:

- In a large mixing bowl, beat together the cream cheese, sweetened condensed milk, lime juice, lime zest, and powdered sugar.
- Mix until smooth and completely combined.
- Spread the filling into the center of each cookie.
- Chill in the refrigerator for at least 30 minutes.
- Top with a whipped cream dollop, and a lime wedge before serving.







Trivia Answer # 3: Blue

ST. PATTY'S TREATS

SHAMROCK PRETZEL POPS

Ingredients:

- Pretzel twists 3 for each pretzel pop
- Green candy wafer melts
- Gold sugar sprinkles
- Gold coin sprinkles Available at Michaels
- You will also need lollipop sticks and waxed paper. A pair of tweezers and toothpicks are recommended

Directions:

- Line a baking sheet or large cutting board with waxed paper. Place lollipop sticks on waxed paper, spaced to allow room for each shamrock.
- Melt green candy melts in a microwave safe bowl (according to package directions.) Heat on high for 30 seconds and stir. Repeat in 15-second increments, stirring each time, until completely melted. Do not overheat as the candy will seize and become unusable. If the candy is too thick to pour from a spoon, stir in 1 teaspoon of coconut oil or vegetable shortening. Test for consistency and add more coconut oil if needed, up to 1 tablespoon.
- Dip each pretzel in candy coating, turning to coat. Remove from from candy with a fork and tap against the bowl to remove excess. Place pretzel on waxed paper with the bottom edge touching a lollipop stick. Use a toothpick to slide into place if needed. Repeat with each pretzel until three pretzels are around each stick.
- While the pretzels are wet, sprinkle with gold sugar sprinkles.
- Pour remaining candy melts in a plastic bag. Snip the corner of the bag and press to add a small amount of candy into the hole where the pretzels are around the rod. Immediately add a gold coin sprinkle. (Tip: To apply the coin, use a pair of sterilized tweezers.)
- Allow pops to set completely. Place in the refrigerator for faster results. Store in an airtight container at room temperature.

BOOZY SHAMROCK SHAKE

Facebook Recipes

Ingredients:

- 6 cups vanilla ice cream
- 1/4 cup milk
- 1/4 cup Bailey's Irish Crème
- 1/4 cup whipped or vanilla vodka
- 1/4 cup crème de menthe liqueur
- 2-3 drops green food coloring

For Garnish:

- Whipped Cream for garnish
- Maraschino cherries for garnish
- Green colored sugar crystals (optional)

Directions:

- In a large blender, add the ice cream, milk, Bailey's Irish cream, vodka, crème de menthe and green food coloring
- Blend until smooth and creamy—about 60 seconds
- Pour into your favorite serving glasses
- Add a generous dollop of whipped cream to the top of the each milkshake
- Top off with a cherry and a sprinkling of green sugar crystals if desired.

ENJOY !!!





AYE - WE HAVE MORE FER YA TO ENJOY

IRISH POTATO CANDY

myheavenlyrecipes.com/irish-potato-candy/

Ingredients

- 4 oz cream cheese softened
- 1/4 cup unsalted butter softened
- 4 cup powdered sugar
- 2 1/2 cup shredded coconut
- 1 tsp pure vanilla extract
- 1 tbsp ground cinnamon
- 1/2 cup light brown sugar

Instructions

- Using a hand mixer, cream together the butter and cream cheese until
- combined and smooth
- Beat in the vanilla until combined
- Gradually mix in the powdered sugar until combined
- Using a rubber spatula, fold in the shredded coconut
- Cover with foil and place into the fridge for1 hour
- Line cookie sheet with parchment paper
- Using a tablespoon, scoop out some of the mixture and roll it into a misshaped ball
- Set onto the cookie sheet
- Repeat step until all of the mixture is rolled into a ball
- In a medium bowl, whisk together the brown sugar and cinnamon
- Coat each dough ball in the brown sugar mixture
- Place onto a serving tray and continue the step until all balls have been coated

Apple Pie Moonshine

Ingredients and Equipment

Directions

1 gal apple juice 3 c brown sugar 9 cinnamon sticks 1 tsp nutmeg 2 tsp apple pie spice (optional) 1 liter bottle of Everclear or moonshine 9 quart size Mason jars

1. In a large stock pot, combine the apple cider, apple juice, sugar, and cinnamon sticks.

2. Bring it to a boil, then take it off the heat and allow it to cool.

3. Add the liter of high proof liquor.

4. Put 1 cinnamon stick in each jar and fill to the top. Put lids on and let stand for two weeks.

TOP 10 IRISH DRINKS (Internet Search)

1. GUINNESS BEER

2. BLACK 'N BLACK - Guinness with a shot of blackcurrant, its usually for people who want to try Guinness but don't like the porter bite.

3. IRISH CIDER - Bulmers in the Republic of Ireland. Drink a glass with ice.

4. FAT FROG - Might give you cavities, but the best one you'll ever have. Made with Wicked Blue, Bicardi Orange and Smirnoff Ice. Turns bright green.

5. WHISKEY AND CRANBERRY

6. POITIN OR CRAYTHUR - Also known as Irish Moonshine.

7. BAILEY'S IRISH CRÈME

8. BABY GUINNESS - Baby Guinness is normally served as a shot and contains Kahlua topped with Bailey's Irish Cream

9. IRISH COFFEE

10. SMITHWICK'S - Or Harp.



APPETIZERS

CROCKPOT SPINACH ARTICHOKE DIP

Facebook Recipes

Ingredients

- 1/2 yellow onion diced
- 6 cloves minced garlic
- 14 oz of drained chopped artichoke hearts
- 12 oz frozen spinach
- 8 oz cream cheese
- ²/₃ cup sour cream
- ¼ cup mayo
- 2 cups freshly grated parmesan cheese
- 1-¹/₂ cup grated mozzarella cheese
- ½ tablespoon salt

Instructions

- Add all ingredients to the slow cooker except for cream cheese. Mix well.
- Cut cream cheese into 1 inch by 1inch cubes, place onto of the ingredients inside the slow cooker.
- Cook on high for 1.5 hours.
- After cook time, stir thoroughly, place the lid back and cook on high for an additional 30 minutes.
- Serve immediately with tortilla chips, crackers and/or veggies!

Notes:

Salt can be almost doubled depending on how salty a dish you are wanting. I recommend you add additional salt after the dip has completely cooked. Drain as much oil from the artichoke hearts as possible. This helps prevent your dip from becoming greasy. Freshly grated parmesan cheese is much better in this recipe than shredded parmesan from a bag.

AIR FRYER PICKLES RECIPE

Facebook Recipes

Prep Time15 mins / Cook Time 9 mins/ Total Time 24 mins

Ingredients:

1 16 ounce jar Dill pickle chips

1 pkg Extra crunchy Shake n Bake Chicken Coating Spray Olive Oil

Dipping Sauce:

- 1 cup Miracle Whip
- 1/4 cup Ketchup
- 1/4 teaspoon Dill
- 1 teaspoon Sugar
- 1 teaspoon Lemon juice
- 1 teaspoon Garlic salt
- 3 4 shakes of Tabasco or more if you like your sauce spicy

Instructions:

- Take a few of the dill pickle chips from the jar of pickles, and place them in the Extra Crunchy Shake n Bake coating.
- Shake the pickles in the coating mix, to completely coat them, and then lay the pickles in the Air Fryer.
- Spray the pickles with the Spray Olive oil.
- Repeat coating the pickles, placing them in the air fryer, and spraying them with Spray olive oil until the air fryer is full.
- Turn the temperature to 400 degrees and set the time for 9 minutes.
- While they're cooking, make the sauce: In a small bowl, add the Miracle Whip, Ketchup, dill, sugar, lemon juice, garlic salt, and Tabasco.
- Stir well until all ingredients are well blended.
- Serve fried pickles with dipping sauce. Enjoy!







AND A WEE BIT MORE

PISTACHIO MUFFINS WITH DRIED CHERRIES

www.honeybunchhunts.com/Pistachio Muffins with Dried Cherries

Ingredients:

- 1/2 cup salted butter melted
- 3/4 cup granulated sugar\
- 2 large eggs room temperature
- 1/2 teaspoon almond extract
- 3.4 ounce pistachio instant pudding mix
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 cups flour
- 1/2 cup dried cherries cut into smaller pieces
- 1/4 cup granulated sugar for topping

Directions:

- Preheat the oven to 400 degrees F.
- Line a 12 cup muffin pan with paper liners.
- In a large bowl, using a hand mixer to beat together the melted butter with sugar, about 1 minute.
- Add in eggs and almond extract and beat until just combined.

Pistachio Muffin Tips and Recommendations

- Stir the flour with a spoon, then spoon the flour into the measuring cup. Do not scoop the flour out of the container as this will pack in the flour, causing heavy muffins
- Don't be concerned about the oven temperature. Muffins need to bake at a higher temp to give a rapid rise. The higher heat creates steam causing the muffins to rise quicker.
- Be sure all the cold ingredients to the muffin recipe are brought to room temperature before using them. This will allow for a lighter, fluffier muffin.
- Always place your muffin pan on the center rack in the oven to allow heat to surround the muffins evenly.
- Make different flavored muffins with different flavored puddings. Try banana, butterscotch, chocolate, or cheesecake.
- Stir in some chopped pistachios along with the dried cherries.
- Substitute chocolate chips for the cherries, or add 1/2 cup chocolate chips to the stir-ins.

IRISH GOOD LUCK COOKIES

Taste of Home

Ingredients:

- 1 cup butter, softened
- 3/4 cup packed brown sugar
- 1/2 cup sugar
- 1 pkg (3.4 oz) instant pistachio pudding mix
- 2 large eggs, room temperature
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract

- Green food coloring (optional)
- 2 1/2 cups all purpose flour
- 1 tsp baking soda
- 1 pkg (10 to 11 oz) butterscotch chips
- 1 cup chopped walnuts



Directions:

- Preheat oven to 350°. In a large bowl, cream butter, sugars and pudding mix until light and fluffy.
- Beat in eggs and extracts. If desired, add food coloring.
- Whisk flour and baking soda; gradually add to creamed mixture.
- Stir in chips and nuts (batter will be stiff). Scoop tablespoonfuls of dough and shape into balls; place 2 in. apart on ungreased baking sheets.
- Bake until cookies are set and bottoms are lightly browned, 10-12 minutes.
- Let cool on pan for 2 minutes before removing to wire racks to cool completely.

Trivia Answer # 5: 12 million Americans



GOOD EATS - SOMETHING DIFFERENT

STOVE TOP STUFFING MEATLOAF Facebook Recipes

Prep Time10 mins / Cook Time55 mins / Servings: 6

Ingredients

2 large eggs1/2 cup water6 ounce box Stove Top stuffing mix any flavor2 pounds lean ground beef1/2 cup ketchup divided

Instructions

Preheat the oven to 350°F. Spray a 9×13" baking pan or dish with non-stick cooking spray; set aside. In a large mixing bowl, whisk the eggs and water together until well combined.

Add the stuffing mix, ground beef, and 1/4 cup of ketchup. Use your hands to mix the ingredients together until well combined. Transfer the meat to the baking dish and shape the meat into a loaf.

Brush the meatloaf evenly with the remaining 1/4 cup of ketchup.

Bake at 350°F for 55 minutes. Cool for 10 minutes then slice and serve.

Notes

For a sweeter glaze, all 2 tablespoons brown sugar to the 1/4 cup ketchup before brushing it over the meatloaf.

HONEY GLASED AIR FRYER CARROTS Facebook Recipies

PREP TIME30 mins / COOK TIME12 mins / SERVINGS2 - 3

Ingredients:

- 1 pound carrots, (see Notes if using baby carrots)
- 1 tablespoons olive oil, or more if needed (See Notes)
- 3 tablespoons honey, liquid type
- 5 sprigs fresh rosemary leaves, (3 for marinade), additional for air frying and garnish
- 1 teaspoon salt, plus more for serving, if desired
- Black pepper to taste

Directions:

- Wash and dry the carrots, and peel if desired. Trim the ends (most of the very thin part should be cut off as it will char and burn very quickly). Cut medium size carrots in half lengthwise (larger ones in fourths). Mine came up to about 4 inches long and 3/4 inch thick strips.
- In a large bowl, toss the carrots in oil, honey, rosemary, salt, and pepper. Set aside to marinate for 20-35 minutes.
- Preheat the air fryer to 375° F according to manufacturer instructions. (It takes 5 minutes in a Cosori 5.8 quart air fryer.)
- Once the air fryer is preheated, spray the basket lightly with oil (or use an air fryer basket liner). Transfer half of the carrots into the basket, and top with some fresh rosemary leaves.
- Air fry for 12-15 minutes, shaking the basket halfway through a couple of times to ensure even frying. Remove cooked carrots and air fry the remaining carrots. (You'll need to fry in 2-3 batches, depending on the size of your air fryer. It took 2 batches with my Cosori 5.8 quart air fryer.)
- The carrots should be crispy, lightly golden brown and cooked through. Enjoy as, is or with dipping sauces.

Donna's Notes:

- You can use baby carrots, but these will cook faster, anywhere from 7-10 minutes.
- You can use as little as 1 tablespoon of oil, or more if desired. I find the fries to be slightly crispier and more flavorful when using an additional tablespoon of oil.
- Flavor: Carrots are naturally sweet and the honey marinade adds more sweetness, but it is not overpowering. I don't recommend adding extra salt to the marinade; you can always add more after air frying. I recommend adding crushed sea salt flakes right after air frying, while the carrots are hot.
- Fried foods generally don't reheat well. But you can reheat them once (on the same day you make them) in a preheated 375°air fryer, for 3-5 minutes.











Trivia Answer # 9: A clay Tablet

